

the DEFENDER

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What do you do to
save the planet?
p. 5

New legislation could make "revenge porn" a felony in Vermont

By Joseph Humes
Sports Editor

On March 10, a bill passed through the Vermont House of Representatives to make "revenge porn," the posting of sexually explicit material of a former or current partner on the Internet without permission, a felony under Vermont law.

Named H.105, the bill reached the House floor and passed unanimously, paving the way for the bill to reach the Senate floor in April and potentially become law before the end of 2015.

In the age of the Internet, where anything can be posted and shared with the world in the blink of an eye, cases have sprouted up all over the country where women and men are being embarrassed and permanently harmed by explicit material of them being put online without their consent.

Several Vermont cases have convinced lawmakers to pursue legislation against revenge porn.

"This is a problem that affects a lot of people," said Rep. Barbara Rachelson, D-Burlington. "I didn't know a lot about it at first, but the more I looked into it the gladder I was that we were trying to take action."

Rachelson began working with other legislators in Montpelier to put together a bill that would protect women and men from being exposed in an explicit way that, as she explained, may have caused them to lose their job, their family or even their lives.

Currently, and until H.105 is signed into law, perpetrators of explicit exposure cannot be prosecuted in Vermont criminal court and victims are left with no course of action to remedy the damage caused by these perpetrators.

The bill itself was first put together back in January. Rachelson, in conjunction with Rep. Kesha Ram, D-Burlington, sponsored the bill and put together its

provisions. In February, H.105 was introduced to the House floor and the legislators took testimonies.

Anyone is able to testify before the House about a proposed bill, and H.105 had a range of testifiers from community organizations such as The Vermont Children's Alliance, Cyber Civil Rights Initiative (CCRI) and the American Civil Liberties Union (ACLU).

Mary Anne Franks, a University of Miami law professor and CCRI legislative director, testified before the House and Senate judiciary to provide analysis of the strengths and weaknesses of the bill.

She said that her expertise on both revenge porn and criminal law allowed her to constructively comment on the bill.

"The Vermont judiciary committee requested my testimony regarding H.105," Franks said. "It is vitally important that legislators hear from people who not only understand the threat that non-consensual pornography poses to privacy and equality, but who are also experts in First Amendment doctrine and criminal law."

Allen Gilbert, the executive director of Vermont's ACLU, was one of the few people that saw problems with the layout of H.105.

"Some parts of the bill did not show intent to harm and were overly broad," Gilbert said. "Some changes will have to be made for the bill to pass a constitutional test."

Gilbert said the ACLU is concerned with protecting the rights guaranteed to citizens under both the U.S. Constitution and the Vermont Constitution. Much of their work centers on the First Amendment and freedom of speech, and that is where Gilbert sees a flaw in the proposed revenge porn bill.

SEE REVENGE PORN, PAGE 2

Earth Fest 2015



PHOTO BY CONNOR VANDAGRIFF

Marika Belamarich, '18, powers the smoothie bike as Lauren Kilmister, '15, keeps the blender's contents secure at Earth Fest on the 300s field Sunday. The event kicked off Green-Up's Earth Week and also offered crafts, food, live music and a tour of a solar bus to students who came out to enjoy the sunny weather. Other events going on during Earth Week include a talk by National Geographic Emerging Explorer Gregg Treinish, Local Food Night and a climbing and sustainability event at Petra Cliffs. See page 9 for more photos.

No guest policy on P-Day a compromise

By Emily Rivers
Staff Writer

The mention of P-Day conjures up thoughts of excitement and anticipation for current St. Michael's students and numerous memories for alumni.

This celebratory event is a momentous day on campus, filled with festivities including a food tent, games, music and henna tattooing.

This year, the schedule of events for P-Day is similar to that of years past, with the addition of a new policy excluding guests from participating.

"We were thinking outside the box a little bit," said Dawn Ellinwood, vice president of Student Affairs and dean of students, in regards to the introduction of this new guest policy.

This procedure was introduced to students at their respective class meetings, which were held the week following spring break.

In these meetings, this policy was presented as a compromise between the administration and student leaders as a way for

events such as P-Day to still be held while still holding students accountable for their actions.

During an initial planning meeting that consisted of members of the St. Michael's administration, ideas were offered about how to make changes to P-Day that would appeal to everyone.

Some of these ideas included holding the event on a different day or at a different venue, but the idea of keeping P-Day within the St. Michael's community intrigued those in charge of planning the day.

Student leaders were faced with the task of doing research to see how students would receive this change, so they spoke with classmates and other members of the Student Association.

"The student leaders want this to work, they want it to be a great day," Ellinwood said.

Grace Kelly, director of student activities and associate dean of students, believes that P-Day is "a day to celebrate student accomplishments in a variety of settings."

Kelly wants the emphasis to be on the St. Michael's commu-

nity this year, which is why the idea of limiting the festivities to just students seemed like the best option.

"Historically, a number of the people we have had occasion to deal with on P-Day are non-students, whether guests – invited or not – or alumni," said Peter Soons, director of Public Safety.

While guests don't normally pose an issue on campus, there have been incidents, albeit a handful, and the host of the guest is held responsible.

Elizabeth "Sunny" Masison, resident director of Pontigny and Canterbury, believes that "the issue with guests is that we who live here all the time have an investment in this community," whereas, for guests, "this isn't their home in the same way it is for us".

Guests do not come with the intent of being malicious, but the way they act in a given situation may not be the way that a typical St. Michael's student acts, which is where the problem lies.

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That's so 70s
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Adapting to America:
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REVENGE PORN:

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Gilbert said that several of the provisions in H.105 do not explicitly require intent to harm as part of a violation, causing the unlawful criminalization of free speech. He said that posting explicit images or videos to the Internet is not criminal on its own, as it is purely free speech. The proof must be shown that the perpetrator did actually have intent to harm by posting and that the victim was actually harmed, emotionally or otherwise, by the post.

"You can't criminalize speech without intent," Gilbert said. "When you criminalize speech you run into questions about free speech rights."

Gilbert said the best form of action for victims of this type of explicit exposure is a civil lawsuit.

That way, victims can get

retribution for damages brought against them without the perpetrator being stripped of his or her First Amendment right to free speech. That being said, Gilbert said that certain changes to sections of H.105 could allow it to avoid violating speech rights.

Franks said that most revenge porn victims don't have the time or money to initiate a legal case and that most will be too traumatized, frightened and depressed to fight back.

"The sad reality is that the harm caused by this behavior is mostly irreversible," Franks said. "Perpetrators aren't afraid of lawsuits or retaliation from victims, but people are afraid to go to jail."

According to Rachelson, the bill was constructed with the concerns of the ACLU and other groups in mind.

"We sent a draft of the bill to the ACLU before submitting it to the House floor," she said. "They gave us suggestions, and we tried to make as many changes as we could."

Ultimately, the framework for H.105 came from other states around the country. Rachelson and her colleagues looked at cases, statutes and laws passed in California, Nevada, Illinois and others to craft a bill that would not only protect those that it aims to protect but also protect the original liberties guaranteed in the Constitution.

"We looked at bills in 11 states and tried to put together a bill that would be as careful about protection and privacy as possible," Rachelson said.

Under the new bill, posting explicit material without appropriate consent would be a felony

punishable by two to five years in prison and up to a \$5,000 fine for a first offense. Previously, where there was no statute whatsoever, someone could get away with broadcasting private explicit content without even a slap on the wrist.

At St. Michael's, this proposed bill resonates in the wake of a case involving a former student and two female acquaintances. In March 2014, Jake Tougas was charged with domestic assault and simple assault on two women, and subsequently was convicted with voyeurism-display to a third party for posting sexually explicit images of both women on the internet.

Rachelson had not previously heard about the St. Michael's case specifically, but said that cases at Vermont colleges have been a part of her investigation

into revenge porn in the state.

"This is happening a lot in this state, and it had a lot to do with students," Rachelson said. "We got real examples to show legislators in Montpelier why they should care about this issue."

If H.105 passes through the Senate and reaches the governor's desk later this year, he will be the one to make the final decision as to its fate. Rachelson said she has not spoken to Governor Shumlin personally about the bill, but she expects him to be open to discussion about the provision and its importance in protecting Vermonters.

If passed into law, H.105 would be groundbreaking legislation in New England. There are similar bills pending in Maine, Rhode Island and Connecticut, but no states currently have revenge porn laws in effect.

P-DAY:

CONTINUED FROM PAGE 1

Because St. Michael's is an open campus, the guest policy appears to be more relaxed than perhaps at other schools, where guests are required to sign in and out of resident buildings as they come and go.

However, "you are expected to register your guest," Masison said of the guest policy on campus. This procedure is as simple as filling out paperwork, which the guest must carry to serve as identification.

"If they are found without paperwork and there is an issue, then the guest could be trespassing, could be asked to leave campus, could be asked not to return to campus," Masison said, com-

menting that most of her interactions with guests are positive.

The hope for this year's P-Day is to limit negative encounters and to celebrate student accomplishments and the community that is St. Michael's.

"Unless you have a bracelet indicating that you're a St. Michael's student, you're not allowed into the food tent, to play games, etc.," Kelly said on how the new guest policy will be enforced.

The issuing of bracelets is similar to years past; however, it will not be possible to register guests or get them a bracelet. To enforce this policy, Masison says that there will be "more people

on the ground than usual, out and about on campus, just trying to keep people safe." She believes that resident assistants recognized of most of their residents, and therefore will be able to identify who doesn't belong.

P-Day has been a tradition on the St. Michael's campus for many years and is constantly being restructured so as to ensure the safety of everyone involved.

DEFENDER ARCHIVES

Students enjoy warm weather, refreshments and inflatables on P-Day in April 2013. The crowd is expected to decrease in size now that guests are no longer allowed on campus for the festivities.



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Plane crash prompts mental health discussion

Global airline policy reform in question after Germanwings crash

By Patrick St. Martin
Staff Writer

In response to the globally-recognized tragedy where 150 passengers and crew of a flight from Barcelona, Spain, to Dusseldorf, Germany, died due to a mentally-ill co-pilot, countries have begun reforming their flight policies with consideration of the psychological stability of their pilots.

Andreas Lubitz, co-pilot of the plane, locked the plane's other pilot out of the cockpit when he got up to go to the bathroom. He proceeded to descend the plane and eventually drive it into the ground, killing himself and every passenger onboard.

Efforts have been made to change the procedure of plane flights in order for this to never occur again. Canada and some European flight companies, such

as EasyJet and Norwegian Air Shuttle, have implemented a policy in which at least two pilots must remain in the cockpit at all times. This is known as the "rule of two."

The psychological state of Lubitz played a large factor as to why he decided to drive the plane into the French Alps. It is reported that he suffered from severe depression and had suicidal tendencies and withheld his mental state and diagnosis from his employers. Besides a ripped-up doctor's note in his at-home trash bin saying that he shouldn't work that day, there was nothing explaining Lubitz's true motives for causing this catastrophe.

The questions are: how should pilots with documented depression or suicidal tendencies be treated? Should depression and suicidal behavior be responded to with a one-strike-

and-you're-out policy, meaning that if someone is diagnosed with these disorders should they not be able to fly, period?

"Mild depression, no," said Thomas Friedman, '16, co-chair of Active Minds, the St. Michael's student-run mental health awareness organization in an email. "There are a lot of people who suffer with depression. If they are showing suicidal behaviors then yes, because that puts everyone in danger on a plane."

Should a pilot's mental health always be public information for all employers?

"In relation to professions that include the safety and well-being of others, I believe that an employee's physical and mental health status ought to be monitored consistently and responsibly," said Linda Hollingdale, director of personal counseling at St Michael's College. While

the honesty of the employee is what we would hope for, it would be helpful to have monitoring programs that offer support for struggling employees as well as protection for those they serve."

Friedman said he felt similarly.

"I think that they should have pilots go through a medical examination to make sure they are able to fly with no complications or issues," he said.

The U.S. requires airline pilots to go through physical examinations when they are first hired. They are also required to provide medical certifications annually. These tests target physical health, but lack in monitoring mental health. They can target things like heart disease, lung disease or other physical issues, but a physical cannot evaluate whether a pilot exhibits substance abuse, depression or suicidal thoughts.

This leaves it very easy for a person with a severe mental illness to be clear to operate a plane.

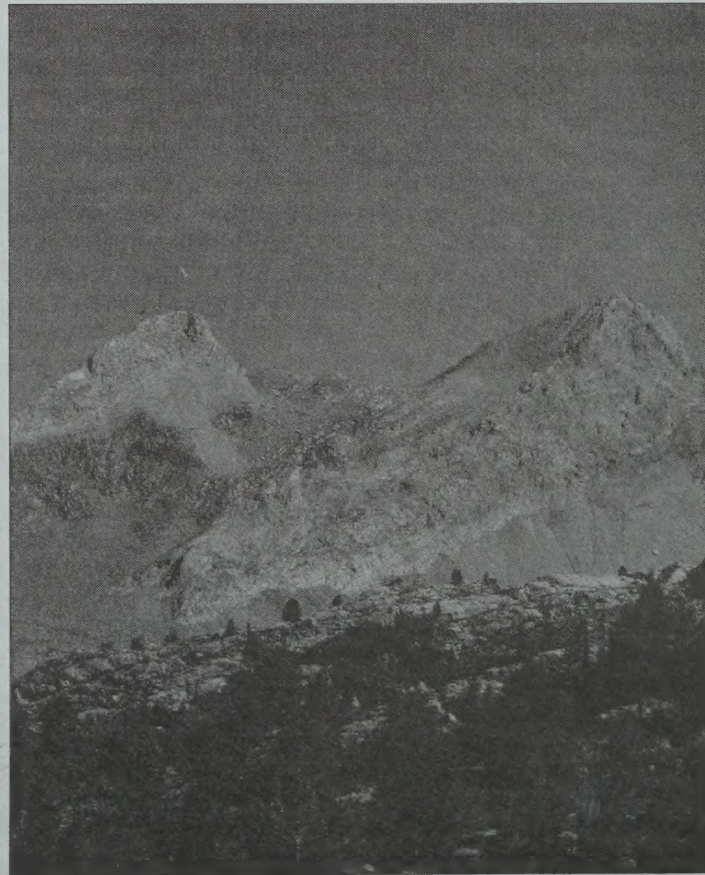
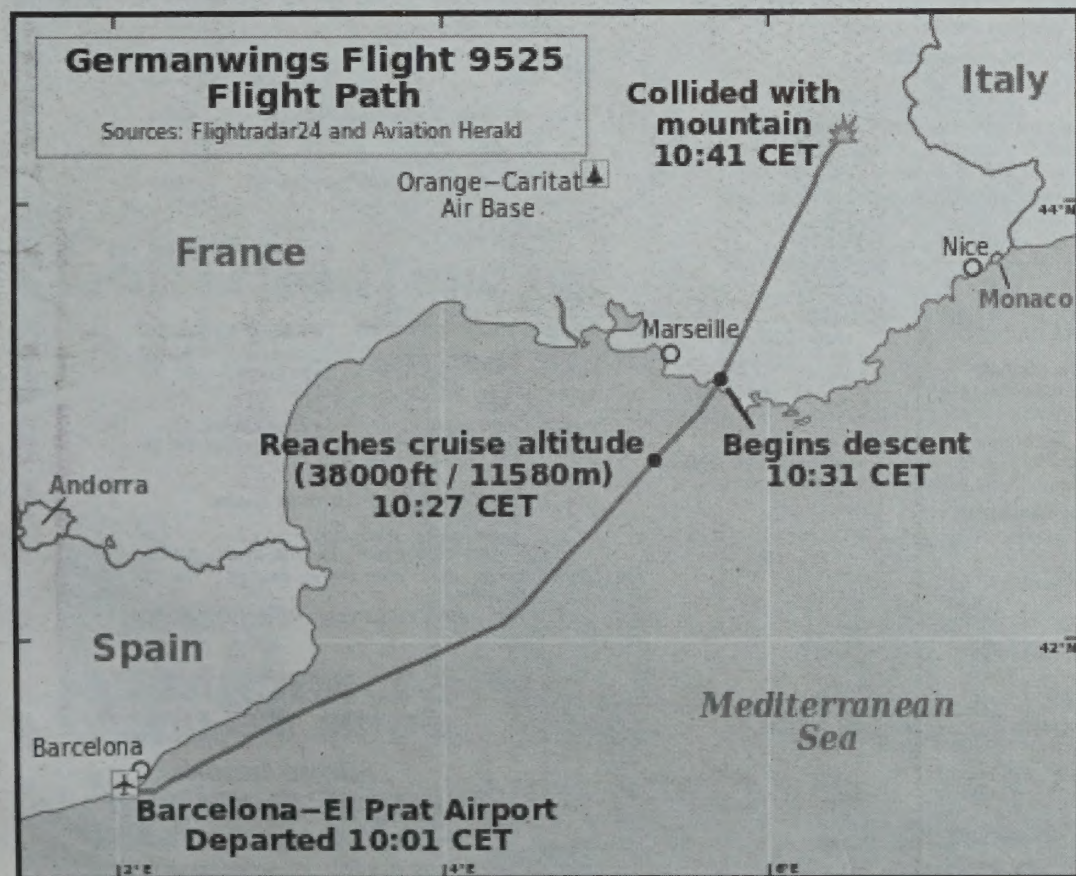
An ideal practice to solve the situation would be to change the examinations to be both physical and psychiatric, but realistically, with a total of around 50,000 airline pilots, it makes it quite hard to ensure that they have all gone through the proper examinations. And, if airlines have consequences for those pilots with mental illnesses or psychological disorders then pilots will be less willing to share that information about themselves to their employers.

"The airlines should not make it that people are hiding their illnesses," Friedman said. "They need to be accepting because many people have psychological issues and can function every day without crashing a plane."



WIKIPEDIA.ORG

Clockwise from above: Germanwings Airbus A320 takes off from Barcelona Airport. This aircraft crashed on March 24 in the French Alps as Germanwings Flight 9525. The flight path of Flight 9525 shows that it departed from Barcelona and eventually crashed into a mountain. The plane crashed into the Massif des Trois-Évêchés, resulting in the deaths of 144 passengers and six crew members.



FEATURES

D'Amore chosen for 40 Under 40 Award



SMCVT.EDU

By Mike Girardi
Staff Writer

When it comes to speaking with St. Michael's College Assistant Professor of English, Maura D'Amore, the door is always open. Her office is as welcoming as her personality, displaying a couch covered in a red tapestry, a coffee table and book shelves full of classic American literature. D'Amore's sense of humor and occasional use of expletives allow students to feel at ease in her presence.

"She always introduces herself as Maura rather than Professor D'Amore," said Victoria Barnum, '16. "This automatically makes the classroom environment much more relaxed. I feel that I can be a bit more casual with her."

D'Amore, originally from Tulsa, Okla., attended Brown University for undergraduate studies, and received her Ph.D

from University of North Carolina-Chapel Hill in English and minored in American studies. This is her sixth year teaching at St. Michael's College.

Recently, she was nominated by students, faculty and alumni for the "Forty Under 40: Professors Who Inspire" award from NerdScholar. NerdScholar is a website "committed to helping students make informed decisions about their education – everything from choosing a school to paying off loans," and is supported by foundations like the Bill and Melinda Gates Foundation. Winners were selected based on "their ability to captivate and engage students in the classroom, their outstanding involvement on campus and in the community, and their overwhelming passion for their subject matter."

I was able to sit down with D'Amore and ask her some questions regarding her award nomination and her inspiration for teaching.

Q: Did you know you wanted to become a professor from the start of your undergraduate studies?

A: Although I had always considered teaching to be a possible career path, I went to graduate school somewhat naively. I really liked the conversations

that took place in literature classrooms and I decided I wanted to keep talking about books with other engaged readers. To fund my graduate work at UNC, I taught one-to-two composition or literature classes every semester, so I came out of graduate school with a lot of teaching experience.

Q: Is that what made you want to teach?

A: Yes, though initially there was a steep learning curve. When I started I was 22 years old and I was teaching students who were 18. There wasn't much of an age gap and that was harder than I had expected. At first I thought it was going to be good because I would understand them in some way, but in another way I had to learn how to assert authority while maintaining a discussion-centered, student-oriented classroom.

I thought a lot about pedagogy, but graduate school gave me space to experiment and to become very comfortable with my teaching persona and goals. I totally fell in love with the job as I learned how to ask questions and process student contributions.

Q: What inspires you?

A: I'm really attracted to reading articles that discuss pop culture in smart, intellectual

ways. I like to bring them into the classroom whenever I can to help students look more closely at the environment that surrounds them, and I also like to find ways to connect 19th century texts with more contemporary cultural issues. Also just hearing about what other people I am surrounded with are teaching and reading and thinking about.

Q: Do you have a favorite book/author?

A: Whitman's words in *Leaves of Grass* hit me, deeply, at a time in high school when I was frustrated spiritually, socially, intellectually and physically, in the midst of adolescent angst. And they still do, in ways that I can't quite articulate. I never could have guessed that I would end up teaching Whitman almost every semester. And so, in the classroom, regardless of how embarrassed I am, I have to be honest about it, to tell them that we have to read it aloud just because it's lovely and because it hits me so hard, and to apologize in advance if they can see that I'm visibly moved. We typically read a few sections at a time and stop to talk about language and content, trying to grapple intelligently with how and why certain words do certain things to certain people at certain times, about what this

poem might have felt like when people first saw it in 1855, and about what it feels like now, to them, and to me. I'm thankful for the buoy he offered and still offers in his words.

Q: How did you react when you first heard of your nomination and what does it mean to have won this award?

A: I was excited and embarrassed at the same time I would say [laughs]. It was embarrassing to have so much attention centered on me from that award, especially when I feel like it could just have easily been any number of other professors at St. Michael's. It was a huge honor, and it really made me feel appreciated by the community – and especially by the students I've had who mentioned it to me or congratulated me on it. It made me very happy.

Q: Are there ways you try to involve yourself in the St. Michael's community outside of the classroom?

A: For sure. I regularly bring speakers to campus and attend talks and student presentations and exhibits. Especially when I know my students are involved, I like to go to support them and to learn more about their interests and talents.



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Students are more than where they go to school

Dedication to a college experience a vital part of success after graduation

By Karianne Shetter
Staff Writer

St. Michael's College has processed approximately 4,700 applications for the 2015-2016 academic year, a record high for the institution. However, St. Michael's is not the only school seeing a steadily increasing number of applicants.

Every year, more high school graduates apply to colleges and universities with the hopes of continuing their education so they can earn a degree and secure a career. Often, college applicants believe there is a positive correlation between the prestige of an institution and their chances of post-graduate success, but students can take measures to improve their chances regardless of where they attend college.

Christine Clary, director of the Office of Career Development at St. Michael's, says there are two ways to look at the implications the name of a college may carry and how that can affect graduates.

The first is by acknowledging that schools such as Harvard and Yale only accept about five percent of their applicants and deny admission to the remaining 95 percent. Graduating with a degree from these schools sounds impressive to future employers because such a small number of people are able to say that they have, Clary said.

Secondly, the name of a school carries weight among alumni or members of the community with personal connections to the school. Students who attend smaller schools that are less well-known can use personal ties like these to their advantage when looking for jobs or internships.

Jacqueline Murphy, director of admissions at St. Michael's, says that a small acceptance rate is not the only characteristic of a

college that determines whether or not success will follow an education from that institution, but it is an important statistic to many prospective students.

According to Murphy, the St. Michael's acceptance rate in 2015 is around 75 percent, which is low for the school in recent years. St. Michael's is considered a selective institution, not only because of the dropping acceptance

ing where to attend college, but should look for the school that seems to be the "best fit" for them as well.

"The beauty of American higher education is that there's a place for everyone," Murphy said.

"Where You Go is Not Who You'll Be: An Antidote to the College Admissions Mania," a new book by New York Times

and out of the classroom, his or her résumé will be able to reflect that hard-earned education to potential employers, graduate schools, volunteer programs or whichever path a student may wish to pursue after graduation.

While a good résumé may establish an interview between an employer and a college graduate, the interview itself will test how well the graduate can articu-

hard.

Regardless of whether students are at an Ivy League institution or a community college, making use of a career resource center can help put them on track towards accomplishing their future career goals.

The career center on the St. Michael's campus can help students spruce up résumés and practice interviews to aid them in getting hired at the job they desire.

Speaking personally about the Office of Career Development, Clary said career advisers help students get their résumés in good shape, understand what cover letters are and how to write them and help them set up a LinkedIn profile where they can begin to network with alumni and other potential employers.

The office is not only a resource for current students. Career counselors are eager to help alumni, too.

"If you're lost, come home," Clary said in regards to alumni who need assistance with their job hunt.

As director of admissions Murphy plays a role in College Pathways, an event held over the summer for high school students that are preparing for the college application process. Speaking at College Pathways, Murphy reminds students that getting into a rigorous institution with a low acceptance rate may not mean that school is where they need to attend college.

Murphy said students have to sort out which school seems to be the best fit for them, and, regardless of the prestige or lack thereof the name of the school may hold, remember that "college is a privilege."

GRAPHIC BY SARAH HASELTON

Seven Common Things Employers Look for in Future Employees (According to Everest College Career Services)

- 1) Skills - shown through a well-written resume.
- 2) Experience - shown through evidence of good problem-solving skills.
- 3) Appearance - shows you take the job seriously.
- 4) Confidence - gained through experience, practice interviews and giving yourself time to rest and make it to your job interview in plenty of time.
- 5) Enthusiasm - give the employer the sense that you care about the position and are eager to work.
- 6) Knowledge of the company - read up on the company before an interview.
- 7) A desire to contribute - focus an interview on how you can help the company, and don't be afraid to list your assets!

rate, but also because of what St. Michael's looks for in applicants.

"Grit," Murphy said. "Applicants are not yet fully-formed, and that's why we're here, to provide a traditional college experience."

Both Murphy and Clary agree that applicants should not only measure the weight of the name of a school in decid-

ing where to attend college, but should look for the school that seems to be the "best fit" for them as well. op-ed columnist Frank Bruni, reassures families dealing with the college application and acceptance process that the accompanying anxiety is overblown, and regardless of where a student attends school, he or she can be successful.

The sentiment that the book impresses upon the reader is that if a student works hard both in

late his or her skills better than the name of the institution they attended, Clary said.

Nick Rosbrook, '18, said he believes students at prestigious institutions may be able to network easier since many employers think highly of those institutions, but that students at less renowned schools can network just as well so long as they work

Campus SPEAKS

What do you do to save the planet?



"Recycle a lot!"
Julie Carvalho, '18



"Working for VPIRG."
George Dragonetti, '17



"Eat local."
Reilly Dillon, '16



"Only use refill stations."
Alex Ho, '17



"Turn off the lights."
Hillary Miller, '15



"Grow my own food."
Nick Ferguson, '16



"Don't buy plastics."
Kate Messitidis, '16



"Building terrariums."
Keegan Wilson, '18

Staying active in the face of adversity

Professor Patrick Standen shares his love of playing sports with others

By Torin La Liberte
Staff Writer

Professor Patrick Standen, 50, sits at the computer in his office, with salt from one of his wheels staining the pockets of one of his signature tweed jackets. He doesn't mind — he's had to deal with rolling around in Vermont winters since he was 16, after a car accident left him paralyzed from the waist down. Since then, he's had to make some adjustments in his life: most of the shelves in his office are bare, as he can't reach above the second row.

Outside of teaching philosophy, Standen skis (he came in sixth place at the 2011 U.S. Cross Country Skiing Championships), sails (he was fourth at the 2008 Disabled Sailing Championships), and plays hockey (currently for the Vermont SledCats hockey team).

He is also the former course record holder at the Peoples United Vermont City Marathon, has completed graduate work at Boston College, Harvard Law and Harvard University, and currently serves as the board president of the Northeast Disabled Athletics Association, a non-profit geared towards encouraging those with physical disabilities to enjoy a healthy, active lifestyle.

The Defender sat down for an interview with Standen on Feb. 16.

Q: So how did you get into sit-ski racing?

A: I grew up in Vermont, so I cross country skied and I downhill skied, but I was in a car accident when I was 16 that left me paralyzed. [Sit-skiing] wasn't really the option then, and I was playing with things, things like sledding, basically putting myself in more jeopardy. Then one day I was mono-skiing downhill, this was during the 90s, and I came across some cross-country equipment that had just been made.

After that I went to a clinic over in New Hampshire, at Great Glen Trails, and the weather was pretty close to what it is outside now. It was literally 16-below zero that day, and all my friends were saying "don't do it, you'll freeze." So I drove over early, got fitted for the equipment, and absolutely fell in love with it.

When I went home, I looked up the manufacturer of the sit-skis and purchased one. When they got it to me, I got out about three or four more times. Last year I went Nordic skiing 60 times, and I went downhill skiing once.

Q: We seem to spend a bit of time each Monday after class talking about results from the past weekend. Any new results from this weekend?

A: No, not this weekend, I had other things going on. But I

did go over to the Empire State Games (in Lake Placid, N.Y.) last weekend.

Q: How did that go for you?

A: It went well. I got second place in the sprint and second place in the biathlon on Sunday, the two events I had time to register for and compete for. They did a longer race as well, but with my teaching schedule and other things, I wasn't able to compete. I try to get in as many races as I can over the winter, but it depends on juggling work and other things.

Q: When you're not competing, what else do you do with adaptive sports?

A: I am the founder and board president of a nonprofit sports organization for people with disabilities called the Northeast Disabled Athletic Association. One of the things we do is raise money and purchase the equipment so that people who can't afford it can give it a try. And if they do like it, we then steer them in the directions where they might be able to get some cash or grants to purchase their own equipment. We're a Paralympic sport club, so we're a part of U.S. Paralympics, and we're also a USDSA chapter. We currently offer sailing, cross-country skiing, hand cycling, biathlon, power soccer, sled hockey, wheelchair tennis, water-skiing, wheelchair basketball. So



PHOTO BY CONNOR VANDAGRIFF

Professor Patrick Standen stays active through sit-skiing, marathons and sled-hockey, and has dedicated much of his time to helping people with disabilities find ways to enjoy sports.

when I'm not teaching full-time, I'm also working for a nonprofit full-time, or trying to train.

Q: That's not a bad lifestyle, there.

A: No, I wouldn't change it, being able to do all of the things I enjoy doing and share my enthusiasm and love for sport and competition and being outside. Absolutely.

Q: After your accident, how soon did you try and find ways to stay active?

A: I was different in the way that I was an athlete before. It was back in 1980, so there was nothing really available, no rehab really. I went to the gym immediately in the hospital and tried to do things and work out. When I returned home, after being in the hospital for four months, I signed up for a 10k.

I had never done something like that, and I was doing it in a 75 pound stainless steel wheelchair. I just thought "I can do this." The first people who ever did marathons did it about 1978, and I thought "if they can do that, I can do this." So I trained, I crashed a lot. But I finished, I won my division. Granted, I was the only person in my division.

But there was a time I wasn't off of the podium for 30 years. And that spoke less to my athletic prowess, but to the fact that often I'd be racing against one to three people, and often times I may be racing against someone who is twice my age, or had a more severe disability. In fact, things are changing now.

This year at the Empire State Games, I was the reigning gold medalist in the biathlon for two years, until a young ex-marine marksman, age 24, showed up. If it were the Paralympics we would probably be in different divisions, but since it was small, they lumped us all together.

Q: When you were younger, how did you cope with the fact that you were about to have a very different future than you were expecting?

A: When I was 16 and was dealing with the fact that I had

just confronted my mortality, been in a coma and faced death, I had a large part of the adult world saying to me "you'll never walk, you'll never do this." Things have changed in that 35 years. We're a lot more positive and affirmative, but then, my only outlet was sport.

Hugh Herr, himself a disabled athlete, once said, "There's no such thing as a disabled person, just disabled technology," and really that's what it's about. Whether it's eyeglasses, wheelchairs or cochlear implants, we can adjust our physical conditions to allow us to thrive and play and find joy and have fitness.

Q: Exactly—it's about enjoying what you love, and reconnecting with yourself.

A: So on Saturday night, I learned that my 14-year-old nephew tried to commit suicide by hanging himself. It's probably a mistake, it doesn't look like he was suicidal, he was just kind of fooling around, did something that was rather foolish, and now he's lying essentially brain dead in a hospital bed in Washington state. So we're waiting. Any day now, if they take him off the ventilator, he may just die; we don't know.

I mention this because Sunday I had sled hockey practice. I'm a goalie, was a center, then defense; next stop's the bench, right? But it was really helpful being out on the ice and stopping pucks, because I could just forget about my nephew's suffering. And this is what athletics is for all of us; it's this zone where we can control things. Especially for a person with a disability, you're not disabled when you're competing with other people in those events. You can forget about your issues and just focus on that sport and the joy and the fun that comes with it.

That night I realized, "I need to be here stopping pucks and playing hockey." After this I'm going to call my wife, see how my nephew's doing, then I'm probably going to head over to Catamount and ski, get some fresh air, and remind myself why we live.

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MULTIMEDIA

Access television: a free speech forum for Vermonters

By Connor Vandagriff
and Sarah Haselton

"I think what we provide that your local affiliates don't is more than just the sound bite, more than just the 30 seconds on the evening report," said Kevin Christopher, executive director of Lake Champlain Access Television (LCATV). "We're not necessarily news agencies, but we do take a keen interest in our communities, and cover things you're probably not going to see on the six o'clock news."

Access television stations like LCATV became popular in Vermont in the 1980s, expanding today to 25 stations covering local government, education and community events across the

state. These stations air content on a wide variety of topics, ranging from selectboard and city council meetings to school events and local concerts.

In addition to local event coverage, public access stations make it possible for anyone in the community to make his or her voice heard.

"It provides a free speech forum for any community member that has a facility like [LCATV] in their community to come in and produce their own programming, and have it unleashed on the public uncensored, unfettered and as pure as you're going to find in the media," Christopher said.

For LCATV, giving a voice to the community is important

both in Vermont and across the nation, as media are becoming more and more fragmented and influenced by larger, more generalized companies.

"What we do...is make it localized, and accessible to everyone in the community," Christopher said.

"We're looking for the stuff that really connects with the community, and gives people a reflection of what's going on around them."

In terms of funding access television stations, nearly 100 percent comes from cable subscribers. Yet, while society veers away from cable access as a means of content delivery, the main source of funding of access television stations across the nation diminishes.

So, the question remains: where does funding come from in the future, and how can stations secure methods making sure that access television is still relevant, and that vital sources provided by the television stations remain intact?

"We're tethered by cable," Christopher said. "That is how we exist," he added.

Yet, with resources for community members to access and make their own programming at stations nationwide, how does



LCATV

Lake Champlain Access Television covers the towns of Milton, Colchester, Georgia, Fairfax, Westford, South Hero, North Hero and Grand Isle, Vt., on Comcast Cable channels 15, 16 and 17.

access television remain relevant when media content can be produced on one's four-inch phone?

"These are things we are talking about constantly," Christopher said. He explored Livestream and further advancing of his technology at Lake Champlain Access Television as a means of garnering a larger viewership.

"How do we make that transition, and how do we remain vital as people get away from cable tv,"

Christopher posed, are major questions among a majority of access television stations not only in Vermont, but also nationwide.

Hear more from Christopher; Lauren-Glenn Davitian, widely credited for establishing strong community access to cable television throughout Vermont; and Bill Simmon, director of media services at Vermont Community Access Media online.



Screenshot of the Chittenden Solid Waste District meeting on Channel 17/Town Meeting Television.



MULTIMEDIA ONLINE

For the full story go to defender.smcvt.edu

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this week with Juliana Summers



Let's throw it back—that 70s style is oh-so on-trend this season.

Forget saving your pent-up nostalgia for those #Throwback-Thursdays posts, because there's a big blast from the past hitting the street style scene. Are you ready for it?

"The 1970s Have Co-Opted 2015," as The Man Repeller blog states.

I'll try to "per-suede" you (get it?)—seek out suede and fringe elements in earthy tones. The more muted, the better. Heck, even monochromatic is a coined commonality of the tailored, button-up and belted pant suits of the era.

Pick your palette wisely: mustard, burnt orange, camel, oh my! To drape yourself in the essence of this revived retro trend, color must take form in the proper fabric.

Don't panic! Even the runways were donned with elements of the disco decade; "The rich swing of the retro fabric took full force on the spring 2015 runways in cream trenches at Loewe, camel flares at Emilio Pucci, and skirts patchworked with lavender, chocolate, and slate blue at Derek Lam," according to a Feb. 16 Vogue article.

Picture this: leather, suede, shearling, patchwork, fringe and flares—and we're only getting

started.

There's an unavoidable question that comes to mind when you mention this presumably out-there era: are these styles still wearable?

The answer: no one ever said they aren't a little out-of-the-box. Take a risk and rock the retro vibes—go boho, go bold.

I'm picturing ABBA, discos, the movie "Love Story" (you know: "Love means never having to say you're sorry"), Cher and definitely some questionable haircuts.

Take the challenge to heart, and to your closet: add mid-length button-up suede skirts, overalls, palazzo pants, flare

jeans (high-waisted, of course) and lots of fringe. Did I mention fringe enough?

Really, fringe everywhere.

You won't necessarily need to dig through the depth of your parents' closets for vintage treasures. Both top-end and fast-fashion retailers alike are providing ready-to-wear styles that are perfectly on-point and essentially eclectic.

Snatch up one of Zara's long suede skirts in a "flowing cut," or the "long suede fringed jacket." (Both styles in a neutral camel shade, naturally). For a casual pairing, I'm loving Madewell's "flea market flares" for era-appropriate jean perfec-

tion with any muted-tone turtle-neck. Yes, turtle-neck, because this is Vermont and it could very well start snowing again next week. Otherwise, any lamé blouse, paisley chiffon top or sharply-collared button-up will do.

Oh, and don't forget the knee-high, lace-up leather Roman sandals. That's so 70s.

Above left: A young English model wears a fringed suede miniskirt in 1971. (Wikipedia)

Above right: A model sports a fringed dress at the Burberry Prorsum fashion show in 2015. ("The Man Repeller" blog)



Excerpts from ADAPTING TO AMERICA

by Haley Clark

Yucheng "Vincent" Mou

Yucheng Mou, who goes by the American name Vincent, is an international undergraduate student, as well as a resident assistant in Alumni Hall.

"I was pretty nervous at the beginning of the year, but now it's much better," Mou said. "I was worried that I couldn't express what I wanted to say accurately. My English is improving. My floor is an upper class floor and I'm a sophomore international student. I'm not a fluent English speaker, it's hard to communicate if they have questions.

"I'm always trying to find opportunities to get involved in American community. I can get more chances to speak English and to know more about the circumstances of the campus."

"Language ability is always great," said Kevin Spensley, director of international undergraduate admission at St. Michael's. "I love it when I interview a student for the first time and I see them six months later on campus and they're talking to me fluently. I'm like 'Wow are you the same per-

son?' Their confidence raises; it's very nice and good to see. I love hearing happy stories like Vincent who is a resident assistant in Alumni. Yes, the international students change, but they're going to start changing our campus in little subtle ways too, here and there. That's what I'm waiting to see."

Vincent is no stranger to America; he came to the U.S. for high school three years ago.

"My parents thought I wouldn't be fit in a Chinese education system, and they sent me over. In China, if you want to be on top you have to be working very hard. My parents know I'm not like that. In China if you want to be on top you have to focus on studies all the time—there is no free time to do sports. It's kind of hard and they had the opportunity to send me over here. I love it here."

I asked Mou how being in the U.S. has benefited him, maybe even changed him.

"I have become more independent and confident. I've never

gone to a weight-lifting room in China. I have more time; I can do more things that I couldn't have in China. I can go skiing. There are a lot of life experiences and skills I've learned since I came to America," Mou said.

The United States has more international students than any other country in the world, with more than 900,000 students studying abroad here. A total of 223 international students are enrolled at St. Michael's, with 45 different countries represented.

"They come for the American dream," said Carolyn Duffy, professor of applied linguistics, "I think they're curious about it. I don't think they want to achieve it, but I think they would like to know what all the fuss is about. I think they respect the fact that they are able to come here, and that it's a system that rewards achievement and hard work, especially if they are people who are willing to do that, they will have a successful experience."

"I got into this from the international side; I lived and trav-

elled overseas," Spensley said. "I didn't expect St. Michael's to be as good at welcoming international students and having as much to offer international students. We would like students from every country if possible. Just like the goal of all of St. Michael's in recruiting and admissions is diversity. We want that diversity to extend to the international students as well."

"We always remind them when you go to a new culture, cultures are different it does not mean one is better than the other," said Mahmoud Arani, chair of the applied linguistics department. "You have to adjust and assimilate. You have come to the U.S. to study, and the U.S. is not going to change—you have to change. You're in the U.S.; you have to learn the language and with language comes a culture."

"We're diverse in many different ways: socioeconomic, gender, learning styles, race," said Dawn Ellinwood, vice president for student affairs. "Fourteen percent of our new student

class coming in was diverse, or categorized themselves as diverse. We're growing in that way, and international students are a piece of that. My mantra is any student who is accepted and welcomed here is a Saint Michael's student."

The life of an international college student is demanding. They are faced with the task of managing academic stress, social stress, and cultural adjustment to a country much different than their own. However, behind all the pressure, there is a commitment like any other student to succeed in life. Before we said our goodbyes, Trang Le offered me one more piece of wisdom that has since stuck with me.

"This country has completely different geographical features from my country. The people are from different origins, they have different colors, different ethnicities, different religion, but there is humanity. Everyone is human."



PHOTO COURTESY OF YUCHENG MOU

EDITORIAL

Combating “the other” mentality

Human beings have a tendency to classify people, places and things; it's just the way our minds work.

However, problems can arise when certain classifications we create are shoved into “the other” category.

In Indiana and Arkansas, religious freedom laws were passed that essentially legalized discrimination against gays, which Alanna Moriarty writes about on page 10 of this issue. President Obama recently issued a necessary call for a ban on “conversion therapy” among LGBT minors. In South Carolina, Walter Scott, a black man, was murdered after being shot in the back several times by a white police officer.

Our tendencies toward categorization often protect us from realizing how these events affect us even if they happen “across the country” or “down south.”

We forget the common humanity we share with the people directly impacted, and in turn label them as “the other.”

In his now famous “Letter from Birmingham Jail,” Dr. Martin Luther King Jr. explained to his fellow clergymen in Alabama

why he, a preacher based in Atlanta, would travel to Birmingham to participate in the nonviolent demonstrations to combat segregation there.

“Injustice anywhere is a threat to justice everywhere,” King wrote. “We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.

“Never again can we afford to live with the narrow, provincial, ‘outside agitator’ idea. Anyone who lives inside the United States can never be considered an outsider anywhere within its bounds.”

As residents of the United States, we are all affected and represented by all decisions made within our society, whether or not we identify with the targeted people's sexual orientation, race, gender, religion or other classification.

If we can ever have hope for our mentalities, lifestyles and culture to change, and for our perception of “the other” to fade away, we need to remember what makes us the same: our humanity. “Those people” have families,

passions and struggles, just like you do.

In the face of this mental separation, we must look for ways to combat “the other” lens.

Just one small way we do that here at St. Michael's is by holding the Global Eyes Photo Contest.

The study abroad office and the media studies, journalism and digital arts department sponsor this competition every year, encouraging students to submit photos speaking to different aspects of their study abroad experiences, including nature and the environment, culture most distinct from SMC and city life.

On the surface, this event and the photo display are good excuses to look at beautiful, personal photography taken in distant lands far removed from Vermont.

But looking at the true meaning behind each image really allows both students and observers to look at the world without “the other” lens.

In the moment that each photograph is taken, oceans, miles and time do not stand between the photographer and her subject;

she is there in the present moment, her actions and inactions influencing the scene, and vice versa. She is somehow changed by the moment, even if it is happening in a place so far removed from what she knows.

“The other” fades away, if only for that moment.

As someone who has studied abroad, I would most definitely recommend that you adapt some sort of foreign adventure into your academic plan here at St. Michael's. I don't think any better experience exists for combating “the other” lens.

But we must also recognize the importance of not applying that mindset to events and people in our own backyard.

Remember our connectedness and our common humanity – we all walk on the same Earth, and those in our country literally stand on the same ground beneath our feet.

Take it from a journalist – everyone has a story.

CARA CHAPMAN
EXECUTIVE EDITOR

CORRECTIONS:

In a photo spread titled “Dance team gets moving in McCarthy” that ran in the March 11 issue of *The Defender*, Karianne Shetter's name was misspelled in the captions as “Kerianne.”

A caption for a photo in the spread wrote that sophomores Mary-Margaret Pickman and Karianne Shetter performed splits with support from Marissa O'Shea, '15, and Allyson Campbell, '17. It was actually Shetter and Campbell who performed the splits, with support from Pickman and O'Shea. Another caption misidentified Karianne Shetter as a first-year; she is actually a sophomore.

In an article titled “Marching to Remember” that ran in the March 11 issue of *The Defender*, a hospital founded by the Edmundites in Selma, Ala., was identified as both St. Elizabeth's and Good Samaritan Hospital. It is actually just known as Good Samaritan Hospital.



DEFENDER MISSION STATEMENT

As the editorial staff of *The Defender*, we strive to accurately, professionally and ethically report the news affecting the lives of students and our community.

We as a staff take full responsibility for any errors; if you spot a mistake or have a complaint, please let us know.

We publish letters to the editor, as long as they are signed. Letters will be edited only for grammar, spelling, taste, and sometimes length.



PHOTOS BY CONNOR VANDAGRIFF

Clockwise from above: Katherine White, '16, goes for a spin on the smoothie bike at Earth Fest.

Participants in Earth Fest had the opportunity to take a look inside a solar bus.

Students enjoy live music on the 300s field on Sunday afternoon.

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Religious freedom act signed in Indiana

By Alanna Moriarty
Arts/Columns Editor

If you are in a same-sex relationship, you might want to be careful where you shop.

Indiana Governor Mike Pence signed the Religious Freedom Restoration Act (RFRA) into law on April 4, allowing business owners in Indiana to refuse service to customers if serving them would violate their religious beliefs.

Though the bill applies to all religions, it has been interpreted by the general public as Catholics legally discriminating against the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community and specifically same-sex couples.

"I couldn't believe that a country that claims to be as free and advanced as America would pass a law like that," said Jennifer McMahon, '15, media outreach coordinator for Common Ground, the St. Michael's LGBTQ+ group. "It's a huge step backwards."

This bill is legal: under the Exercise Clause in the Constitution the federal government cannot restrict religious practice. There is also an Establishment Clause that prohibits the federal government from passing any laws that favor one religion over another or that may favor religion over non-religion.

If one's religion demanded human sacrifice the federal government would not allow it on the grounds that murder is illegal and violates human rights, because not to do so would favor religious practice over the lives of others.

But does this same principle

apply to the rights of same-sex couples?

"I like giving extra protection to religious minorities. The question is how much," said John Hughes, professor of political science at St. Michael's College.

McMahon said she agreed that, while people are entitled to their religious beliefs, it should not encroach upon the human rights of others.

"There's a line," McMahon said. "There's a quote: 'I can't do something because of my religion.' That's fine. Your religion, your business. But if you say to someone, 'you can't do that because of my religion,' that's not okay. That's you imposing your religion on other people."

A similar case was settled by the Supreme Court in 1968 regarding religion and segregation. Maurice Bessinger, the owner of the barbecue chain Piggy Park Enterprises, claimed that God was a segregationist and only wanted white people to eat at his restaurants. The Supreme Court unanimously rejected Bessinger's claim that he was exempt from civil rights statutes, calling it "patently frivolous."

However, race is a suspect category under federal law: it is illegal for the government or corporations to discriminate against someone based on the color of their skin.

Other suspect categories include gender, ethnicity and LGBTQ+ people in the military. Outside the military, however, LGBTQ+ people are not protected from discrimination under federal law, making the Indiana RFRA legally acceptable.

"There is a tremendous

amount of ambiguity," said Edward Mahoney, professor of religious studies at St. Michael's. "There are going to be people who will argue very vociferously for one position or another."

According to the bill, "a person whose exercise of religion has been substantially burdened, or is likely to be substantially burdened, by a state or local government action may assert the burden as a claim or defense in a judicial proceeding."

I take issue with the phrasing here. What does "likely" mean? How can one prove that their religious liberty is "likely" to be substantially burdened? And how can one take action against or seek reparations for an action that has not actually occurred?

Make no mistake: I fully support freedom of religion, and I do believe that the federal government should not have the right to regulate what people believe. However, this should not ever infringe upon another person's civil rights. If U.S. citizens can't be discriminated against because they are not white, why should they be discriminated against because they are not heterosexual?

Another issue I have is that the RFRA defines a person as "an individual, an association, a corporation, a church, a religious institution, an estate, a foundation, or any other legal entity."

"The big issue for me is this: corporations do not have religious conscience," Hughes said. "People have religion, including people who are shareholders in a corporation, but a corporation cannot unless it is formed specifically for a religious purpose, like the Catholic diocese."

Someone please tell me exactly when a corporation became a human being. I understand that a religious institution, like the Catholic Church or another affiliated group, may have religious rights if it was formed for that purpose. But I think it is ridiculous to say that companies like Hobby Lobby have the same rights to religious freedom or the same civil rights as any singular human being.

"There's always a chance of that happening," Mahoney said. "The individual or the entity has to demonstrate a significant burden."

As long as business owners can prove that they have been significantly "burdened" or are "likely to be burdened," they can choose not to serve LGBTQ+ people. While it is true that there is no explicit phrase in the RFRA that claims business owners can turn away same-sex couples, the intent to most of the American public is clear.

"This is an anti-gay bill," Hughes said. "You've got to look at who is behind the bill. Look at Governor Pence—he's had an anti-gay agenda for years. Look at the signing ceremony. Signing ceremonies are not spontaneous, they are stage-managed. And they are stage-managed to send a political message. He signed that bill surrounded by all of Indiana's most rabid homophobes."

Indiana is not alone in its RFRA bill. Eighteen other states have signed similar bills into law, though not all statutes apply to businesses, and some, like Missouri, actively work against "homosexuals and same-sex couples."

This is even more shocking considering that the majority of U.S. citizens are sympathetic to LGBTQ+ rights. In a new study from Reuters, 54 percent of respondents believed it is wrong for businesses to refuse service to LGBTQ+ people, while only 28 percent believed business owners should have that right.

In a country so proud of the liberty of its citizens it is painful to think that so many could be denied service just because they are gay, or transgender, or happen to be in a same-sex relationship. Same-sex couples still only have the right to get married in 37 of the 50 states.

"It's more than not being able to buy a piece of pizza," McMahon said. "You've got these young kids who are questioning themselves and their sexualities and their gender identities thinking, 'look at these places turning people away just for who they are. People like me.' Those kids have it rough enough. They have higher rates of suicide and homelessness than other youth groups. It has to do with mental states of LGBT youth, which may already be in precarious positions."

Some people forget that only a generation ago, our parents and grandparents were fighting for people of color to be served at restaurants and for interracial marriage to be legal nationwide. It's time that our government and our people recognize that the fight for LGBTQ+ rights is not much different from the fight for civil rights only 50 years ago.

Remembering May Day: then and now

By Olivia Nestro and
Samantha Sidorakis
Guest Columnists

In the 1860s, the typical workday ranged between 10-16 hours, six days a week. Workers of all ages labored in unsafe and hazardous conditions, making injuries, extreme discomfort, or even death commonplace.

Capitalism, whose popularity was steadily increasing at this time, began to fail workers across the country. The fight to reduce the workday to eight hours became not only something that would ensure workers' well-being, but a call for a revolution.

Citizens saw the economic structure of the country as insufficient, unbalanced and corrupt. As a consequence, socialism and anarchy became two attractive options to workers, as capitalism was systematically designed to benefit the elite minority.

We don't have to look far even today to see this principle of the one percent at play. It was commonly believed among the laborers that the struggle to achieve the eight-hour workday would eventually lead to the overthrowing of capitalism and workers could have their lives back.

On May 1, 1886, a national strike was formed in Chicago

where more than 80,000 participants protested for the rights of the working class, with support from unions like the Knights of Labor, Central Labor Union, and the Federation of Organized Trades and Labor Unions, later known as the American Federation of Labor.

But the fires of dismay could not be contained in Chicago, for nearly 300,000 employees and 13,000 businesses across America walked out of their jobs on that day in order to support the cause.

While the strikes were non-violent up until this point, two days later at McCormick Reaper Works factory in Chicago, violence broke out between the striking employees and their replacements, forcing the police to become involved.

Unfortunately, the chaos was resolved with more violence, as the police ultimately shot two people, inspiring the witnesses to continue their rally the following day in Haymarket Square. The workers and anarchists of Chicago rallied for the two dead victims, and continued the fight for the shortened workday in hopes of a better future.

Ultimately, the Haymarket Square strike ended with more bloodshed: a bomb was thrown at the police, causing them to open fire, injuring nearly 100 people

and killing a dozen. The bomb was most likely thrown by someone hired by the police to discredit the strikers and the movement they were fighting for. Eight men were arrested for the riot under the charges of conspiracy to murder, which resulted in the deaths of five people who were pardoned only after they were executed.

Though the events in May 1886 seemed inconclusive and futile at the time, as little was immediately accomplished save for violence, they became a point for change.

We have been educated as American students to think that political change happens overnight, but it requires commitment, determination and perseverance to a cause. Had no one ever rebelled, The Federation of Organized Trades and Labor Unions would never have proclaimed that "eight hours shall constitute a legal day's labor from and after May 1, 1886."

Because an estimated 250,000 workers became involved in Chicago, we now have a fair and manageable work day. Workers across the country now have rights and are not as exploited as they once were.

The fight for worker justice continues 131 years later. Labor rights and legislation regarding

workers are stronger, but each worker is not treated equal. It is important to reflect back upon May Day as a reminder of where we were, our current arrangement and where we need to push to be.

You don't have to be an anarchist or socialist to support unions or workers' rights, but the need to recognize and appreciate the sacrifices made to ensure a safer workday is urgent.

The fight for the eight-hour work day brought together all different types of people: men, women, immigrants, the young and the old, and skilled and unskilled workers, and united them to fight for justice.

Today, when workers negotiate a contract with their union and their employer, their contract can include a myriad of changes: pay raises, a proper process for an employee to express grievances without fear of losing his or her job, safety measures, parking spaces/transportation, health care, money allocated for professional development and more. Each contract is unique to the work place.

We can still learn from May Day. It brought about novel ideas on direct action and activism. But above all, it is a time to think about what you can do to stand up to the government when you see

injustice taking place, just like those did when fighting for the eight hour work week.

It is a time to think about why the United States is one of the only countries to celebrate Labor Day in September instead of May. United States President Grover Cleveland feared that declaring May 1 to be Labor Day would commemorate the riots that encouraged citizens to overthrow the capitalist system and so he moved the holiday to support the Labor Day the Knights of Labor Union suggested whose ideology was against anarchy.

We should be asking ourselves what this says about our government and the people who run it. It is ironic that even though the world celebrates the movement as International Labor Day or May Day to remember the workers who fought for justice, their own country does not celebrate their accomplishments and sacrifices. Ask questions, and demand justice.

Fighting for what is just is not easy. It will take time. People were trying to get the eight hour work day enacted since the 1860s. Fighting for what is right will be scary. Eight men were framed and put to death for the bombing in the Haymarket Square and many others were killed. If you don't push for fairness, who will?

Reimagining the traditional “five-year plan”

Thoughts on the value of planning (or not planning) for the future



By Paige Leahy
Managing Editor

When I was eight, I wanted to be a singer. I sang at every opportunity I got: in the shower, on the school bus with my Sony Walkman and every night before I went to bed. Avril Lavigne was the motivation.

When I was 12, I wanted to be a clothing designer. I dreamt of owning my own line, learned how to sew and enrolled in fashion drawing classes.

When I was 15, I wanted to work at a fashion magazine. Teen Vogue was my bible as I flipped through the glossy pages, wondering what it was like to be a part of such a glamorous world, as I watched “The Devil Wears Prada” for the 37th time.

I am now 20 years old, a junior at St. Michael’s college, majoring in media studies, journalism and digital arts with a concentration in journalism. I

now wish to write.

As registration is now upon us, many St. Michael’s students, including myself, have begun to ask ourselves the question of what classes we should enroll in to further advance in our majors and desired futures. Somehow though, I find myself struggling to pick classes that I can look back on in five or so years that I will deem truly useful.

In five years, I’d love to be writing for a publication like The New York Times or The New Yorker. I’d love to have my own column, to write about things that matter. To write not just to be read, but to be heard. So yes, I will take the Defender course and any media-writing course I can get my hands on.

However, in five years I will also be 25. I will most likely not have my life completely together, and will probably be experiencing some kind of quarter-life crisis. This is why I cannot seem to justify making a complex five-year plan to outline my future, or to simply choose courses to advance my training in one subject field.

“Five years out for some people is incredibly overwhelming,” said Ingrid Peterson, associate director of employer relations and career counseling at St. Michael’s. “It is really important to

understand that the timeframe is different for everyone.”

I may be still trying to make a name for myself in the world of journalism, along with hundreds of other struggling writers who simply want their voice to be heard. Hell, I could still be waking up at three o’clock in the morning to write down story ideas, guzzling coffee and reading the New York Times opinion section in my college sweats. Or maybe not.

“

It’s about going out into the unknown, being blinded with the vastness of the world and taking chances to make your life happen.

This mere sketch of what direction I would like to see my life go in seems much more appropriate at the age of 20 than buckling myself down to a detailed plan of where exactly I will be on this date when I am 25.

This is not to say that having goals for oneself should be put on the back burner.

And if you’re one of those people who enjoy planning and are absolutely positive on where you’d like to see your life go, then by all means, plan away. But you mustn’t be disappointed if within this next half decade your life takes a turn and you wind up do-

ing something you may not have even majored in.

“I have first years coming in and asking me what they need to do over the next four years to get to a certain point upon graduation,” Peterson said, “and I have others coming into career counseling two or three days before graduating, perhaps even two or three years out of college.”

No matter where I’ll be, whether in an office with a view or still licking envelopes sending

longing for your college days, times in which you could roll out of bed at two in the afternoon, grab brunch with your friends and have your only worries be what to wear for that Saturday night out, then stop yourself in the midst of that daydream, because the best years of your life should not be spent yearning for the past.

It’s okay to not have a plan. It’s more than okay to try different things to figure out what you want to do with your life, because in five years you could have changed career paths four or five more times.

Don’t let anyone tell you that by 25, you should be settled down, because life isn’t about settling for anything. It’s about going out into the unknown, being blinded with the vastness of the world and taking chances to make your life happen.

If you’d really like to know where I’ll be in five years, I hope you can live with mild disappointment, because I truly do not have a plan. I’ve got places to go and people to see, and I refuse to be held back by the closed-mindedness I am surrounded by.

“It’s all about personal perspective,” Peterson said. “No matter what, I think it’s important to have goals for oneself.”

So in five years if you’re



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SPORTS

Men's Rugby finding a new image for 2015

Season kicks off with seven's tournament at Stonehill College

By Shandon D. Kelleher
Staff Writer

As the men's rugby players enter their spring season this weekend, they reflect not only on the sweat that was shed and the days that began before dawn, but also on the image they have sought to cast as an club on campus.

"There are a lot of stereotypes surrounding rugby players," said head coach Michael Ashooh. "Sometimes, we unfortunately fulfill those, but we want everyone to understand that we are serious athletes."

Ashooh, a University of Vermont philosophy professor, set out the 2014-2015 season to be a time of cultural change for the rugby program. A few weeks ago, Mary Washington University suspended its rugby program after a derogatory audio recording captured several members of the team chanting a violent and sexually explicit song.

This behavior is exactly what Ashooh and the other coaches aim to avoid. They say they believe that changing the culture has to start with the team's commitment.

"We've always done it kind of fun. But we are starting to take it a little more seriously," Ashooh said. "Our strength is a lot of buy-in to changing and growing the culture of the club to much more commitment, conditioning, fitness, athleticism, grades and hopefully focus."

Thomas Boullier, '18, first-year on the rugby team, was recruited by St. Michael's from France. Boullier, who began playing rugby at a young age, said that he sees the sport as being a bit less important over here in the U.S. as compared to France where it is a heavy part of its culture.

Boullier explained that rug-



PHOTO COURTESY OF DAN PLOTZKER

The St. Michael's men's rugby seven's team squares off against Merrimack at Stonehill College on April 12.

by is a "developing sport" in the United States.

"People go from football to rugby over here," he said. "In France, we start with rugby right away."

Much like lacrosse, rugby is trying to establish itself as a prominent collegiate and high school sport. St. Michael's also benefits from the "Catholic connection" that rugby and Catholic schools seem to have. Many Catholic high schools now have rugby programs.

"Of the accepted incoming students, 54 said they were interested in rugby. Of those 54 students, 24 were from Catholic high schools and prep schools," Ashooh said.

Although the sport is technically considered a club, it does not lack any of the athleticism

and commitment shown by varsity teams. The rugby team often practices on North campus, in the senior field, or at the "view." However, the weather has not been permitting.

"The spring season is very condensed and obviously we are in a Vermont winter, so it's tough to get outside," said captain Noah Naboulsi, '16. "We have a lot of 6 a.m. practices in the gym working on our stamina and our conditioning."

Leaving behind a solid 5-3 fall season, the team is looking ahead to a successful spring. The fall season left them third in the Northeast Rugby Conference, the best they have done several years.

"We're working hard to be better," Ashooh said. "Better for the school, better for everyone. I hope that image gets out."

This Sunday, the team went down to Stonehill College in Easton, Mass., to play in the Rugby Northeast seven's tournament, which consists of two pools. St. Michael's played Merrimack, Bentley, Bryant and Southern Connecticut, and then faced off against perennial rival Providence College in the semifinal round.

Sevens is an abbreviated game. Instead of the normal fifteen players on the field, there are only seven members at a time. This allows for players to develop more individually, while also playing a much more physically demanding game.

In fact, the upcoming 2016 Summer Olympics will feature sevens matches, making it the first time rugby will be included in the games since 1924.

The tournament at Stonehill also marked the first time that both "A" and "B" sides played at the Northeast tournament. The "A" side could also be referred to as varsity, and the "B" side junior varsity. While normally only the A side would travel, the B side also participated, playing against the other colleges' B teams.

When asked about the competition, Naboulsi said that no team is ever really more outstanding than the other. However, there are a few teams that are consistently in the top 10 of the nation for division two.

"Bentley just won the championship in the fall and are now in the top 10 for the nation," Naboulsi said. "They will definitely be strong competition."

The team is relying on their endurance and their speed to help them prevail this weekend.

"A lot of 6 a.m. conditioning provides for great stamina. We like to shove the ball out wide and out run the other team. We're also very strong on the inside though, we have a good balance," Naboulsi said.

One of the hardest parts of the weekend, Naboulsi said last week, would be motivating the team after a long bus ride.

"We love playing at home," Naboulsi said. "We love having fans supporting us. We love our field. We love being out on our three's field. It's usually tough for us to get off the bus and have the same go-get-em attitude that we have playing at home."

Ultimately, St. Michael's was successful in the tournament. The "B" side finished with a 1-3 record, and the "A" side made it to the semifinal round.

Although the varsity side eventually lost in their semifinal game to Providence College, their final record of 4-1 was enough to claim third place on Sunday.

Knight Writer: Gearing up for the NHL Playoffs

By Joseph Humes
Sports Editor

It is finally April, spring is in the air, and some of the most exciting professional sporting events of the year have arrived.

In addition to the completion of March Madness, the start of the MLB season and the end of the NBA regular season, this week marks the start of playoffs in the National Hockey League.

In the last couple weeks of the regular season, we saw hockey drama unfold that is indicative of how wild the 2015 playoffs could be.

The Ottawa Senators, for example, have rallied behind an unknown goalie sensation and willed themselves to the playoffs.

Andrew Hammond, the so-called "Hamburglar," entered the goalie position for the Senators in mid-February and quickly proved himself as one of the best goal-stoppers in the league. He has stopped 94 percent of the shots he's faced, posted a remarkable 19-1-2 record while in goal, and boosted them past the rival Boston Bruins into the postseason.

There are several teams in this year's playoff picture that haven't been present in years, and several that have recently become perpetual Cup contenders.

The Nashville Predators, Calgary Flames and Winnipeg Jets all have the potential to make it in the Western Conference, while Ottawa joins the New York Islanders and Tampa Bay Light-

ning as potential "surprises" in the Eastern Conference.

The rest of the teams, including the Montreal Canadiens, Chicago Blackhawks and Pittsburgh Penguins, are all formidable playoff powerhouses that have proven themselves through the years.

One of the big surprises of this season is the successful rise of the New York Rangers. Back in January, things seemed pretty bleak for the Broadway Blueshirts. They were trailing in their Metropolitan Division, showing signs of midseason weariness, and lost their franchise goalie Henrik Lundqvist to a throat injury on January 31.

As the regular season moved into its final section of February

through April, it became clear that the Rangers were not going to repeat their historic 2014 run to the Stanley Cup Final and probably wouldn't even make the playoffs.

Yet here they stand, heading into the playoffs as the number one overall seed and boasting a league-best 53-22-7 regular season record. Lundqvist is back, the team is healthy and they are expected to face the wildcard Pittsburgh Penguins in the first round.

When Lundqvist took a puck to the throat and was sidelined for almost two months back in January, it was journeyman goalie Cam Talbot who stepped up and grinded a 21-9-4 record to send the Rangers to the top of the NHL.

This year's Blueshirts are a prime example of the drama that can propel teams to the pinnacle of national hockey success.

Although it is, at its absolute longest, a mere 25 percent as long as the NHL's 82-game regular season, the NHL playoffs feel like a season of their own. The first round starts today, and the Stanley Cup Final will conclude some time in the first week or two of June.

For the next two months, the slap shots will be faster, the hits will be harder, and the goalies will loom larger as 16 teams battle furiously for the undisputed right to hoist that famous 35-pound cup of nickel and silver above their heads.